



Franklin Area High School

18-19

January Lunch Menu

LUNCH PRICES

STUDENT \$2.40
 REDUCED \$0.40
 ADULT \$3.95

What is a LUNCH Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread, choice of milk

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:

- Dark Green**
spinach - broccoli
romaine - spring salad
- Red - Orange**
carrots - sweet potatoes
tomatoes - red peppers
- Beans & Peas**
Starchy
white potatoes
corn - peas

Other vegetables include celery sticks - cucumbers green peppers - green bean iceberg lettuce - onion zucchini - mushrooms

Daily Fruit Selections May Include:

- Oranges - Apples - Bananas
- Grapes - Pears - Peaches
- Cantaloupe - Melon
- Berries - Applesauce
- Pineapple - Mixed Fruit
- Mandarin Oranges

Daily entrée options may include:

- Chicken Patty
- Cheeseburger
- Cheese Pizza
- Assorted Salads and Wraps made fresh daily.



District menus are also posted on the FASD website, homepage/parent resources.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose any Entrée	12/31/18	1/1/19	1/2/19	1/3/19	1/4/19
<i>Main Plate</i>			Buffalo Chicken Dip w/ tortilla chips	Kilebasa and Pierogies	Macaroni and Cheese w/ Dinner Roll
J. CLARK'S GRILLE			Ham and Cheese Croissant	Firecracker Chicken	Fish Sandwich
BRAVO!			Deli Bar	Deli Bar	Deli Bar
VILLA TOSCANA			Pepperoni Pizza	3 Meat Pizza	Pepperoni Pizza
UP TO 5 GRABS			Boneless Wings	Pulled Pork Sandwich	Stuffed Crust Pizza
Featured Veggies			Celery Sticks	Sauerkraut	Garlic Zucchini
Featured Fruit			Baby Carrots	Spinach Salad	Green Peppers
			Oranges	Cantaloupe	Pears
Choose any Entrée	1/7/19	1/8/19	1/9/19	1/10/19	1/11/19
<i>Main Plate</i>	Roasted Pork	Popcorn Chicken Bowl	Hungarian Goulash	Build your own Burger Bar	Baked Potatoes w/ Toppings
J. CLARK'S GRILLE	Mushroom Swiss Burger	Spicy Chicken Patty	Turkey and cheese Pretzel Roll	Comdog	BBQ Rib Patty
BRAVO!	Brunch Bar	Brunch Bar	Brunch Bar	Brunch Bar	Brunch Bar
VILLA TOSCANA	Sausage Pizza	Supreme Pizza	Sausage Pizza	Supreme Pizza	Sausage Pizza
UP TO 5 GRABS	Chili Dogs	Walking Tacos	Chicken Wings	Turkey Croissant	Ham BBQ
Featured Veggies	Steamed Peas	Mashed Potatoes	Roasted Broccoli	French Fries	Honey Carrots
Featured Fruit	Red Pepper Strips	Buttered Corn	Roasted Cauliflower	Broccoli Salad	Mixed Green Salad
	Peaches	Honeydew	Oranges	Cantaloupe	Pears
Choose any Entrée	1/14/19	1/15/19	1/16/19	1/17/19	1/18/19
<i>Main Plate</i>	Chicken Stir Fry Noodle Bowl	Lasagna w/ Breadstick	Hot Turkey Sandwich	Italian Sausage w/ peppers and onions	
J. CLARK'S GRILLE	Bacon Cheeseburger	Grilled Chicken Sandwich	Ham n Cheese Pretzel Roll	Chicken Parm Sandwich	
BRAVO!	Nacho Bar	Nacho Bar	Nacho Bar	Nacho Bar	
VILLA TOSCANA	Pepperoni Pizza	Buffalo Chicken Pizza	Pepperoni Pizza	Buffalo Chicken Pizza	
UP TO 5 GRABS	Fresh fruit and yogurt	Pepperoni Rolls	Boneless Wings	Comdog	
Featured Veggies	Vegetable Egg Roll	Caesar Salad	Mashed Potatoes	Chick Pea Salad	
Featured Fruit	Cherry Tomatoes	Green Beans	Peas	Roasted Tomatoes	
	Peaches	Honeydew	Oranges	Cantaloupe	
Choose any Entrée	1/21/19	1/22/19	1/23/19	1/24/19	1/25/19
<i>Main Plate</i>		Fiesta Chicken Pasta	Beef Stroganoff	Philly Cheesesteak	Jacked Up Fries
J. CLARK'S GRILLE		1/4# Hotdog	Turkey Cheeze Croissant	Pizza Burger	Fish Sandwich
BRAVO!		Wok n Roll	Wok n Roll	Wok n Roll	Wok n Roll
VILLA TOSCANA		Cheeseburger Pizza	Sausage Pizza	Cheeseburger Pizza	Sausage Pizza
UP TO 5 GRABS		Walking Tacos	Loaded Pasta Salad	Turkey and Cheese Hoagie	Chicken Salad Croissant
Featured Veggies		Seasoned Black Beans	Potato Salad	Sweet Potato Fries	Dill Cream Cucumbers
Featured Fruit		Green Chile Corn	Steamed Carrots	Grilled Peppers/Onions	Parm Roasted Cauliflower
		Honeydew	Oranges	Cantaloupe	Pears
Choose any Entrée	1/28/19	1/29/19	1/30/19	1/31/19	
<i>Main Plate</i>	Dippin Chicken	French Toast Sticks Sausage	Chicken and Biscuits	Chicken Fajitas	
J. CLARK'S GRILLE	Turkey Club	Cordon Bleu Sandwich	Buffalo Popcorn Chicken	BBQ Ribby	
BRAVO!	Pasta Bar	Pasta Bar	Pasta Bar	Pasta Bar	
VILLA TOSCANA	Pepperoni Pizza	Chicken Bacon Ranch Pizza	Pepperoni Pizza	Chicken Bacon Ranch Pizza	
UP TO 5 GRABS	Turkey & Cheese on Pretzel	Ham and Cheese Hoagie	Chicken Wings	BBQ Kielbasa Sandwich	
Featured Veggies	Onion Rings	Hashbrowns	Peas	Garlic Hummus	
Featured Fruit	Celery sticks	Red Pepper Strips	Mashed Potatoes	Spinach Salad	
	Peaches	Honeydew	Oranges	Cantaloupe	